



B.B.Q. Garlic Crab

☒ Gluten Free

☒ Dairy Free

READY IN

ready

23 min.

SERVINGS

servings

6

CALORIES

calories

90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cracked crab cleaned cooked (ask your local fishmonger to do this)
- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 optional: lemon for garnish
- ☐ 2 ounces olive oil extra-virgin
- ☐ 6 servings parsley leaves italian chopped for garnish
- ☐ 6 servings salt and pepper

Equipment

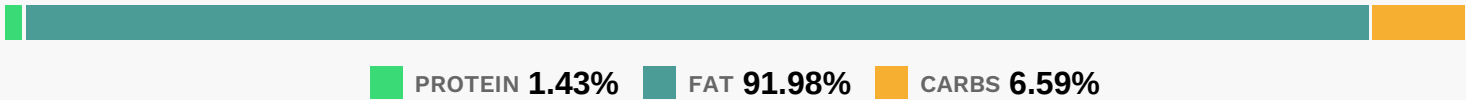
- ☐ bowl

- ☐ frying pan
- ☐ grill

Directions

- ☐ Lightly cook the garlic in the olive oil in a saute pan (about 2 to3 minutes on medium-low heat). Allow to cool.
- ☐ Add the crab and toss with the salt and pepper.
- ☐ Preheat the grill to high, carefully place all the marinated crab onto the grill, allowing the oil to drip off before putting onto the grill, and cover with lid. Allow to cook about 4 to 5 minutes then turn over and allow to cook another 3 to 4 minutes.
- ☐ Remove from the grill, and place into a large metal bowl. Squeeze the fresh lemon juice over the crab and toss well.
- ☐ Serve on a large platter with fresh lemon wedges and chopped Italian parsley.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:4.9021738275238%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 9.52g (14.64%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.27g (0.3%), Cholesterol: 0.07mg (0.02%), Sodium: 198.02mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin K: 71.31µg (67.92%), Vitamin C: 10.52mg (12.75%), Vitamin E: 1.41mg (9.37%), Vitamin A: 339.1IU (6.78%), Iron: 0.38mg (2.11%), Folate: 7.18µg (1.8%), Fiber: 0.41g (1.65%), Manganese: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.38%), Potassium: 40.4mg (1.15%), Calcium: 10.56mg (1.06%)